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## DAISY TROOP COMMUNITY SERVICE EVENT



(above) Garwood Daisy Troop #41108 with Councilwoman Jennifer Blumenstock: Britney Galvez, Alyanna Perez, Hope Schadewald, Sabina Zurzolo, Audrey Hormilla, Kaitlyn Ferrara, Olive Lykin, Olive Holt, Angelina Barbato.

Submitted by Vanessa Schubring

On Monday, January 20, 2020, Daisy Troop #41108 participated in their first community service event, "Garwood MLK Jr. Day". The girls made cards for Veterans, Valentine's Day cards for seniors and blankets for the local animal shelters. Councilwoman Jennifer Blumenstock visited the girls and talked to them about the importance of their service work.

Troop #41108 welcomed a new scout, Olive Lykin. Olive is from Clark, and was welcomed by the Garwood troop with open arms just like the Garwood saying, "Small Town, Big Heart."

(right) Olive Lykin being pinned by her mom Jillian.



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## JUDGE GARY BUNDY MEETS WITH ALJ SOPHOMORES

Students in Laura Bundy's Driver Education class at Arthur L. Johnson High School in Clark met Judge Gary Bundy on January 17, 2020, to learn about teen driving and the law. Judge Bundy is the Municipal Court Judge for Roselle Park and Garwood, NJ. He shared that there are many different laws drivers have to abide by,

especially new drivers. Judge Bundy specifically addressed the provisional license, underage DUI, and DUI and illegal drug use in a vehicle.

According to Ms. Bundy, "ALJ students were very engaged in each topic and asked some excellent questions."

Photo by Clark Public Schools



(above, l-r) Grace Cassidy, Bella Manto, Samantha Gonzalez, Judge Bundy, Alexandra Lopes, Jose Acosta Lopez, and Shannon Heaning.



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## CASA INVITES PUBLIC TO WOMEN'S LEADERSHIP LUNCHEON MARCH 11

*Submitted by Gretchen Boger-O'Bryan*

Court Appointed Special Advocates (CASA) of Union County will host its second annual Women's Leadership Luncheon on Wednesday, March 11 — the heart of Women's History Month — to highlight two Union County women whose contributions positively impact their community.

Among them is Tina Renna, Cranford resident and owner of Renna Media, publisher of 21 community newspapers including the Garwood Times.

Renna, who coordinates content for more than 135,000-issues circulated to towns in Union, Somerset and Morris counties, uses her writing, editing and photography, she says, "to tell the stories of ordinary people who do extraordinary things, big or small, that inspire others and their communities. Whether reporting news from town departments, schools and libraries,



*(above) Tina Renna, owner of Renna Media, publisher of 21 community newspapers including the Garwood Times, will be recognized by CASA at their Women's Leadership Luncheon.*



*(above) Sue Adler, Summit resident and CEO of The Sue Adler Team of Keller Williams in Chatham, will be recognized by CASA at their Women's Leadership Luncheon on Wednesday, March 11.*

giving voice to local organizations raising awareness, or highlighting accomplishments of businesses, residents and all those who share a community — no matter strength or size — I strive to make a positive impact on each town's well-being and economic development."

Also being honored is Summit's Sue Adler, CEO of The Sue Adler Team of Keller Williams in Chatham. Currently ranked 10 worldwide out of 175,000 Keller Williams agents, Adler focuses on the community's train line towns and incorporates an in-house, team-treatment approach for clients.

Ilyse DiChiara, owner of Green Healthy Living and certified integrative nutrition, health and wellness coach, will provide the keynote address. Prior to switching professional course, DiChiara ran her nationwide trial consulting business, Litigation Support Solutions, for more than 20 years. Other participants include Summit Mayor Nora Radest and Westfield Councilwoman Joann Neylan.

Tickets are available now for the luncheon, which begins at 11:30 a.m. at the Grand Summit Hotel. Seats are \$65; tables of 10 and sponsorships are available.

To purchase, log on to [casaleadershipluncheon.eventbrite.com](https://casaleadershipluncheon.eventbrite.com). For luncheon details, contact Alexis at [aslade@casaoofunioncounty.org](mailto:aslade@casaoofunioncounty.org).

CASA of Union County recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned children placed in foster homes or residential facilities. There are more than 500 Union County youth, from birth to age 21, in foster care. With court-ordered access to a foster child and all parties in their life, volunteer advocates report findings to the judge so as to ensure best interests remain a priority, needs are met, and already experienced trauma is not exacerbated.

Contact Courtney at [cgreen@casaoofunioncounty.org](mailto:cgreen@casaoofunioncounty.org) or 908-293-8136 to learn more about CASA of Union County.

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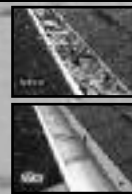
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## ALJ MARCHING BAND WINS SECTION 10 CHAMPIONSHIP

The ALJ Marching Band won their Section 10 Championship, finished 3rd in the State Finals and came in 9th in the Atlantic Coast Championship.



### BAND SEEKS NEW MEMBERS

The Township of Union Municipal Band is seeking new members to join the band. "Musicians of all ages are welcome," says director Howard Toplansky. "If you are a high school musician looking for extra practice or a retired professional who wants to get back into music, the municipal band is a perfect fit." The band is looking for new members who play any instrument, however there is an immediate need for low brass, woodwinds and percussion.

The band rehearses on Monday evenings at Hannah Caldwell School in Union, NJ and performs ten concerts throughout the year. Musicians who are interested in joining the band should contact the Township of Union Recreation Department at 908-686-4200.

### CRISIS HOTLINE SEEKS VOLUNTEERS

Are you looking for a flexible, rewarding volunteer opportunity? Have you ever been told you are a good listener? This volunteer opportunity may be for you. The nonprofit organization Caring Contact is seeking new volunteers to support its crisis hotline and listening community.

Volunteers receive 54 hours of comprehensive training in active listening, mental health first aid and applied suicide intervention skills

training. New volunteers are also supported by seasoned listeners during 24 hours of internship before answering calls independently. Ongoing support and training opportunities are also provided.

The next volunteer training program will begin on March 17, 2020, at Temple Shalom in Scotch Plains, NJ. To learn more and apply, please visit [caringcontact.org/volunteer-listener-application](http://caringcontact.org/volunteer-listener-application) or call (908) 301.1899.

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## SCOUTS BSA OPEN HOUSE - MARCH 9TH

Submitted by Rob Sheppard, Troop 72/772 Committee Chair

Does your daughter enjoy activities like camping, hiking and other exciting adventures? We have just the opportunity for her, join Scouts BSA! Scouts BSA is a program which gives young girls ages 11 to 18 (6th to 12th grade) an opportunity to experience these activities and more. The program is based on the same principles that have guided Boy Scouts of America for over 100 years. While the program gives young girls these unique opportunities, most importantly it encourages them to become responsible, caring young adults in their communities by giving back to those communities.

Since February 1st, 2019 across the country tens of thousands of girls 6 to 18 years old have joined the program including in New Jersey. Scouts BSA Troop 72 in Westfield, who has

been chartered since 1914, helped form Scouts BSA Girls Troop 772 during the inaugural year of the program. This Troop serves girls 11 to 18 years old in the greater Westfield area (Cranford, Garwood, Fanwood, Scotch Plains and Plainfield). The girls have been thriving in the BSA program and are enjoying all their new experiences.

Diana, a second class scout in the Troop, commented: "It's cool being in this Troop because there aren't any other Troops to join in the area. I like that you get the opportunity to do things you wouldn't normally be able to do anywhere else like go camping, hiking and earning Merit Badges (lots of fun and different Merit Badges!). In the Troop you feel accepted and included by all, and what's really cool is I will have the opportunity to someday earn the

rank of Eagle and can't wait to see the reactions on people's faces."

Ily, a first class scout in Troop 772, states: "I like the fact you get to earn achievements at your own pace with no one breathing down your neck, it's totally up to you what you accomplish. Getting to earn the right to use a knife or start a fire on a camping trip is really cool! I'm proud when younger girls come up to me while I'm in my uniform and say, "I want to be a scout too someday."

We would love for you to come to our recruiting night on Monday March 9th at 7:30 p.m. at the Presbyterian Church in Westfield.

For event details, please email [jasurist72@wstfldnjscouts.org](mailto:jasurist72@wstfldnjscouts.org) and let us know that you will be attending.

## GIRL SCOUT ANNUAL POWDER PUFF DERBY

Girl Scouts Heart of New Jersey Service Unit 53, "Clark, Garwood, & Winfield Girl Scouts" (CGWGS) held their annual Powder Puff Derby at the Clark Recreation Center on Saturday, January 25, 2020. More than 50 girls, ranging from Daisies to Cadettes came ready to race the gravity-powered wooden cars that they built and designed from scratch.

Many of the girls had learned about car design and construction at the first ever Car Construction Clinic, hosted jointly with Clark Cub Scout Pack 145 two weeks prior to the derby. The clinic gave Girl Scouts and Cub Scouts of all ages who were unfamiliar with the car-building process the chance to learn hands-on the ins and outs of building a derby car from scratch, and the physics of racing fast! Brownie level Girl Scouts even had the opportunity to earn a special Race Car Design badge.

The event was run by Leigh Anne Jadro (Leader, Troop 41248), with assistance from Rachael Hand (Leader, Troop 41292), and announced by Sheryl Gluck (Troop 40626).

YCGWGS would like to thank Cub Scout Pack 145, especially Scoutmaster Tom Klimic and Assistant Scoutmaster Matthew Jadro, for working collaboratively to allow for the CGWGS Powder Puff Derby to be held on the same day as the Cub Scout Pack 145 Pinewood Derby, for allowing CGWGS to share use of their track and computer software, and for their assistance in planning and running the Car Construction Clinic.

They would also like to thank their student-

volunteer track operators Joe Hovick, Michael Karnaugh, Ashley Rose Breinin, and Julianna Cistaro, and the many parents who contributed baked goods and helped to run the kitchen.

Final thanks go to the many generous local

businesses who donated to the event including: ShopRite of Clark, Vaccaro's Bakery, Jersey Mike's Subs in Clark, Philly Pretzel Factory in Westfield, Target of Clark, Trader Joe's, and Bagel Chateau in Westfield.



*Overall Winners: Toughest Looking Car: Mia Arvelo; Most Sporty Car: Ellie Majewski; Most Patriotic: Catherine Hudak; Sweetest Car: Noelle Rizkalla; Most Unique Car: Nora Zerella; Most Royal: Charlotte Pitta; Cutest Car: Julianne Johnson; Funniest Car: Olivia Serieux; Most Creative Car: Olivia Gillespie; Most Scout-Themed Car: Gabriella DeSanto; Most Original Design: Lilijana Jadro.*

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## ALJ PROUDLY PRESENTS CHICAGO HIGH SCHOOL EDITION

The 20's are back...and they're roaring into the Arthur L. Johnson (ALJ) auditorium at the end of this month when the ALJ Drama Department presents the hugely popular musical Chicago. Chicago debuted on Broadway in 1976 and was revived in 1997 and is still running today. The successful movie version was released in 2002 and won the Oscar that year for Best Picture.

ALJ's production boasts some outstanding performances, especially those given by ALJ seniors Hannah Vargas as Velma Kelly and Mia DeSantis as Roxie Hart. Other seniors taking their final bows in the production are Brandon

Clark, Caileigh O'Donnell, Matthew Snedeker, & Emily Woods.

Director Peter Nevargic says, "This is by far the most exciting show we've ever produced on the ALJ stage and is not to be missed!" So come and be "razzle dazzled" by these extremely talented young performers in the new high school version of Chicago!

Performances will be held at the ALJ auditorium, 365 Westfield Ave., at 7 p.m. on Thursday, March 28; Friday, March 27; and Saturday, March 28. Tickets at \$5.00 for students and senior citizens and \$10.00 for adults.



## CLARK PUBLIC SCHOOL DISTRICT SHINES LIGHT ON ANXIETY WITH DOCUMENTARY SCREENING

On Thursday, March 12, the Clark Public School District's Parent University and School Counseling Department will hold a special screening of the IndieFlix documentary, Angst: Raising Awareness Around Anxiety in the Arthur L. Johnson High School Auditorium at 7 p.m.

IndieFlix, a leading independent online streaming platform, along with its non-profit arm, the IndieFlix Foundation, is sparking a global conversation about anxiety through screenings of its brand-new documentary. The event will feature a viewing of the 56-minute film, followed by an informative question and answer session led by School Psychologists Lauren Camera and Brooke Nacht and School Counselor Ellen Zamboni. The event is open to parents and children attending the Clark and Garwood Public Schools. All children must be accompanied by an adult. Appropriate for ages 10 and up. To register, please contact Christine Broski at [cbroski@clarkschools.org](mailto:cbroski@clarkschools.org) or 732-574-9600 x3355.

Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they've found solutions and hope. The film also includes a special interview with Michael Phelps, a mental health advocate and one of the greatest athletes of all-time. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition.

Part of the beauty of this film is the openness of the children and young adults featured; for some of them, the "Angst" project marks the first time they are publicly sharing their experiences with anxiety. Our hope is that their candidness and bravery will inspire our community to do the same.

While "Angst" documents the struggles some people have with anxiety, it also reveals their

hope for the future. Noah, a teenager in the film, describes it this way: "Anxiety doesn't define me. It's not just a curse; it also gives me strength."

"Everybody needs to know that anxiety disorders are real, common and treatable instead of viewing them as a personal choice or something to be ashamed of," said Dr. Jerry Bubrick, Senior Director of Anxiety Disorders Center, Child Mind Institute. "Getting help early is crucial in giving people the tools they need to feel better. We just need to start the conversation."

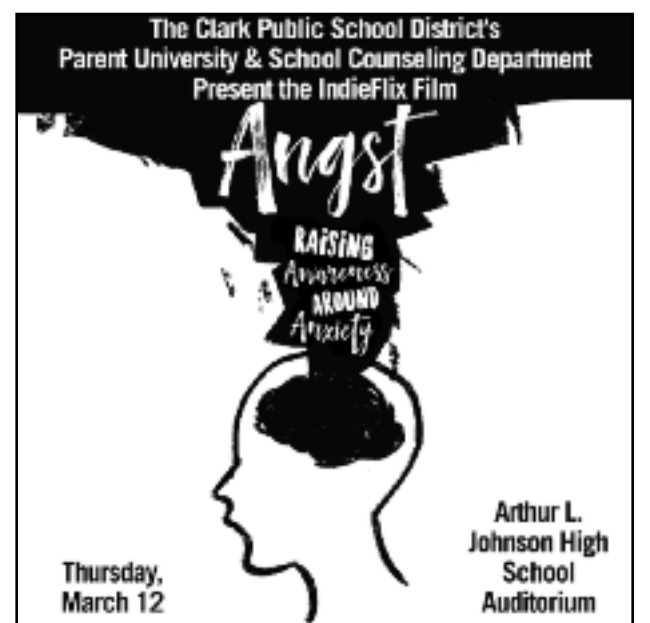
"We felt it was important to make a movie that could raise awareness to open up the conversation and provide hope," said Andreen, IndieFlix CEO and "Angst" Producer. "So many people struggle with anxiety and have trouble talking about it. We want to change that."

Anxiety disorders are the most common mental health challenge in the U.S., impacting 54 percent of females and 46 percent of males, with age seven being the median age of onset, according to the World Health Organization. While anxiety disorders are highly treatable, only one-third of those suffering receive treatment. Everyone involved in the development of "Angst" has a personal experience with anxiety – from the producers to the interviewees.

"The conversation surrounding mental health really hits home for me," said Michael Phelps. "Many people don't understand how debilitating mental illness truly can be, and even more than that, how common it is, yet people are afraid to have the serious discussions about it. I welcomed the opportunity to be a part of 'Angst' to further the dialogue around mental health and to help people understand the impact anxiety has on our mental state and encourage people, especially kids, to ask for help."

"Angst" screens in schools and communities across the world. The IndieFlix original film is expected to reach more than three million people around the world, through 25,000 community and school screenings.

To learn more, visit [angstmovie.com](http://angstmovie.com).



(above) The Clark Public School District's Parent University and School Counseling Department shine light on anxiety with a Must-See IndieFlix Original Documentary, "Angst: Raising Awareness Around Anxiety". The new film, created to start community conversations about anxiety and provide tools, resources and hope, screen on March 12 at Arthur L. Johnson High School.

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## DAISY TROOP THANKS GARWOOD POLICE DEPARTMENT



A huge thank you to the Garwood Police Department, especially Officer Rivera, Officer Suggs and Officer Mironski for giving Daisy Troop #41108 a police station tour, talking about safety measures and assisting the girls in earning their Geranium petal.

## SENIOR CITIZEN CLUB PLAN TRIP TO THE BROWNSTONE

*Submitted by Carol Lombardo*

The Garwood Senior Citizen Club is planning a bus trip to the St. Joseph Festival held at The Brownstone in Paterson on Friday, March 20, 2020. It will be an afternoon of fun, food, and music, presented by Jersey Dreamers. Tickets are \$55 per person. Price includes: two alcoholic drinks, pasta, salad, choice of chicken parmesan or sausage and peppers, vegetable and potato, dessert, coffee, tea and soda. To reserve your spot please contact Betty at 908-232-2077 or Shirley at 908-377-5456.

The bus will leave from the Garwood Fire House on South Avenue promptly at 10:00 a.m. (please arrive by 9:30 a.m.) and return at approximately 4:00 p.m.

The Garwood Senior Club meets on the first and third Thursday of each month at the Garwood Fire House at noon. All Garwood seniors are invited to join the Club. The newly elected officers are: Pat Di Fabio, President; Fred Unnold, Vice-President; Delores Cielinski, Treasurer; and Rita Unnold, Secretary.

Kathleen Wierzbinski, Senior Citizen Director for the Borough of Garwood provides a monthly calendar of events that are open to all residents of Garwood (55 and over), not just club members, such as Zumba, bowling, arts and crafts, line dancing, ceramics, and exercise classes.

You can be added to the mailing list by calling Kathleen at 908-789-0710.

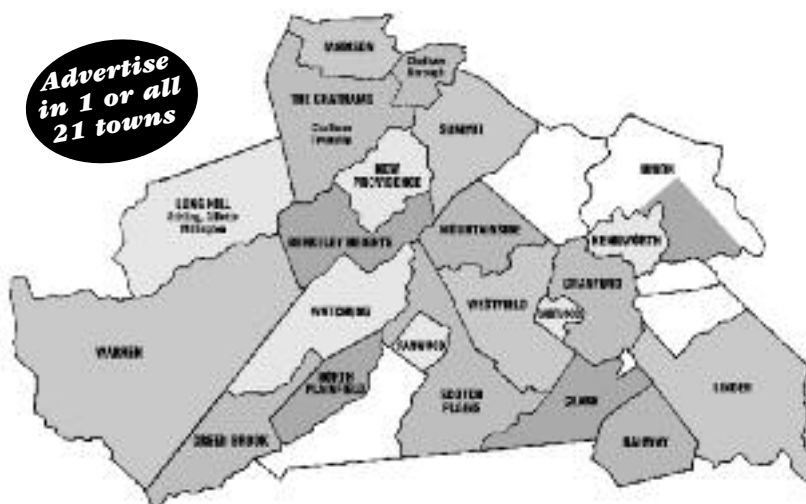
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## MAYORS WELLNESS CAMPAIGN

*Submitted by Charles Lombardo*

Garwood residents of all ages are invited to participate in the Mayors 3K Walk which is held on the 3rd Saturday of each month at the Garwood Recreation Center at the end of Myrtle Avenue. Our special Guest Walker for the month of March will be Mrs. Mary Emmons, the principal of Garwood's Lincoln School. We welcome all students to come out and support Mrs. Emmons. The committee wants to stress that it is a walk, not a run or a competition, just a stroll around the rec center to chat with friends and enjoy the fresh air. The walk with Mrs. Emmons will start at 9:00 AM on Saturday, March 21st.

Future Guest Walkers will be our Mayor, Sara Todisco; Mrs. Maryanne Duffy, Director of the Garwood Library; Fire Chief Alan Tweedle; Police Chief James Wright; and many others to be announced at a later date.

The Mayors Wellness Committee is also working with Lincoln School administration to have nutritional and fitness programs in the school, field trips to Garwood ShopRite for nutritional scavenger hunts, a local Health Bee for the Lincoln School students, and other programs as the year moves forward.

The Committee is always willing to work with other borough organizations to create, support, or enhance a program of physical fitness or nutrition. The Committee would like residents to follow us on Facebook @GarwoodMayorsWellnessCampaign.

For further information about our Committee, please contact us at MWC@garwood.org. If you would like to be a member of the Committee, please come to any of our meetings which are held on the second Monday of each month in the Borough Hall Conference Room. Our next meeting will be at 7:00 p.m. on March 9th.

## GARWOOD PUBLIC LIBRARY

411 3rd Ave, Garwood, NJ  
(908) 789-1670

[www2.youseemore.com/garwood/](http://www2.youseemore.com/garwood/)

Monday to Thursday, 9 a.m. - 8 p.m.,

Friday, 9 a.m. - 4:30 p.m.,

Saturday, 9 a.m. - 1 p.m., Closed on Sunday

### Knitting Club

**Mondays and Thursdays, 10:30 a.m.**

Learn how to knit or show others how it's done while enjoying fun conversation. Needles and yarn provided to newcomers.

### Kid's Chess

**Mondays, 3:00 p.m.**

No registration required. Limit 12; Informal chess game for children of all ages. This is a non-instructional, supervised program.

### Monday Afternoon Book Club

**March 16, 1:00 p.m.**

Discussing, Love and Ruin by Paula McLain.

### Kid's Craft

**Tuesday, March 10, 3:00 p.m.**

Make a wind car with Linda the Librarian.

Registration required.

2nd grade and up, Limit 20

### Adult Craft

**Tuesday, March 10, 6:00 p.m.**

Make a Spring craft. Limit 10.

Registration required.

### Toddler Story Time

**Wednesdays, 10:30 a.m.**

For children from birth to age 4; Stories, songs, bubbles and more. The Pipsqueak Players will join us on March 18. No registration required.

### Library Board Meeting

**Wednesday, March 4, at 8:00 p.m.**

The meeting of the Library Board of Trustees is open to the public.

### Brixology

**Wednesdays at 3 p.m.**

**February 5 through March 25**

For kids 2nd through 6th grade. Using LEGO bricks kids build a different engineering project.

Registration required, limit 15, 8 classes

### Thursday Evening Book Club

**February 6, 7:00 p.m.**

Discussing A Women is No Man, by Etan Rum.

### LEGO Club

**Thursday, March 12 and 26, 3:00 p.m.**

Be inspired by this month's theme and build whatever comes to mind. Then share your creation with others. Some will be displayed in our showcase. Registration required by phone or in person. Registration will open the Monday after the last Lego club for the month.

Limit 15 children ages 4 -12.

### Cracked Walnuts

**Thursday, March 12, 7:00 p.m.**

Join husband and wife team, Jan and Jeff Ausfahl on a Celtic Voyage featuring stories, humor and the songs of Ireland and Scotland.

### Aging Services Kiosk (ASK)

**Thursday, March 16, 10:00 a.m. - Noon**  
Union County Division of Aging Staff will be on hand to assist seniors (age 60+) or their caregivers with information on support services for caregivers.

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